

Adonis Golden Ratio Training Program

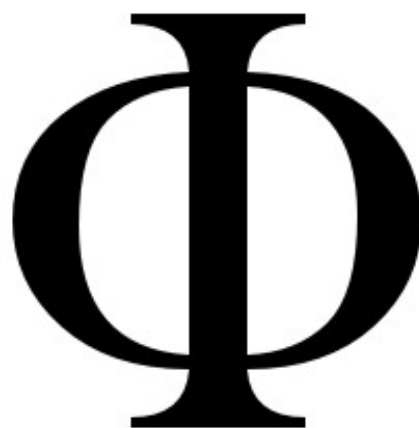
CATEGORY 3 - 12-WEEK PROGRAM

PRIMARY GOAL
MUSCLE BUILDING
& FAT LOSS



BY JOHN BARBAN

Adonis Golden Ratio Training Systems



Category 3

Primary Goal - Balanced Muscle Gain & Fat Loss

12 Week Periodized Program for:

Symmetrical Muscle Mass

Fat Burning

Definition

By: John Barban

WEEK 1

Week 1: Day 1			
Exercise	Sets	Reps	Rest (Sec)
Cable Curls	2	13	60
Standing Dumbbell Curls	2	13	60
Incline Dumbbell Curls	2	8	90
Barbell Curls	2	8	90
Curl & Press	3	8	90
Seated Shoulder Press	5	8	90
Wide Grip Pulldowns	3	13	60
Standing Lateral Raise	2	13	60

Week 1: Day 2			
Exercise	Sets	Reps	Rest (Sec)
Step Ups	2	13	60
Reverse Lunge	2	13	60
Dumbbell Squat	2	8	90
Stiff Leg Deadlift	2	8	90
Squat & Press	3	8	90
Incline Dumbbell Press	5	8	90
High Pull	3	13	60
Shrugs	2	13	60

Week 1: Day 3			
Exercise	Sets	Reps	Rest (Sec)
Tricep Rope Pushdowns	2	13	60
Close Hands Push ups	2	13	60
Incline Tricep extension (barbell)	2	8	90
Tate Press	2	8	90
Pulldown & Pressdown	3	8	90
Standing Dumbbell Press	5	8	90
Dumbbell Upright Row	3	13	60
Bent Dumbbell Row	2	13	60

Week 1: Day 4			
Exercise	Sets	Reps	Rest (Sec)
Seated Calf Raises	3	13	60
Calf Press	3	13	60
One Leg Calf Raise (Dumbbell)	2	8	90
Cable Face Pulls	3	13	90
Low Pulley Row Wide Grip	5	8	90
Curl & Press	2	8	60
Seated Lateral Raises	3	13	60

WEEK 2

Week 2: Day 1			
Exercise	Sets	Reps	Rest (Sec)
Incline Tricep Extensions (dumbbell)	2	13	60
Rope Pushdowns	2	13	60
Tate Press	2	8	90
One Hand Push ups	2	8	90
Pulldown & Pressdown	3	8	90
High Pull	5	8	90
Wide Grip Pulldown	3	13	60
Front Raise Plate	2	13	60

Week 2: Day 2			
Exercise	Sets	Reps	Rest (Sec)
Reverse Lunge	2	13	60
Dumbbell Squat	2	13	60
Stiff Leg Deadlift	2	8	90
Step Ups	2	8	90
Squat & Press	3	8	90
Alternate Incline Dumbbell Press	5	8	90
Low Pulley Row Wide Grip	3	13	60
Bent Lateral Raise	2	13	60

Week 2: Day 3			
Exercise	Sets	Reps	Rest (Sec)
Calf Press	3	13	60
Standing Calf Raises	3	13	60
One Leg Calf Raise (Dumbbell)	2	8	90
Pulldown & Pressdown	3	8	90
High Pull	5	8	90
Seated Lateral Raises	3	13	60
Shrugs	2	13	60

Week 2: Day 4			
Exercise	Sets	Reps	Rest (Sec)
Hammer Curl	2	13	60
Standing Dumbbell Curl	2	13	60
Seated Dumbbell Curl	2	8	90
Barbell Curls	2	8	90
Bent Dumbbell Row	3	8	90
Standing Dumbbell Press	5	8	90
Incline Dumbbell Press	3	13	60
Standing Lateral Raise	2	13	60

WEEK 3

Week 3: Day 1			
Exercise	Sets	Reps	Rest (Sec)
Reverse Curls	2	13	60
Incline Dumbbell Curls	2	13	60
Standing Dumbbell Curls	2	8	90
Rope Curls	2	8	90
Pullovers	3	8	90
Seated Shoulder Press	5	8	90
Wide Grip Pulldowns	3	13	60
Front Raise Dumbbell Two Hands	2	13	60

Week 3: Day 2			
Exercise	Sets	Reps	Rest (Sec)
Dumbbell Squat	2	13	60
Reverse Lunge	2	13	60
Step Up	2	8	90
Get ups	2	8	90
Squat & Press	3	8	90
Incline Dumbbell Press	5	8	90
High Pull	3	13	60
Seated Lateral raise	2	13	60

Week 3: Day 3			
Exercise	Sets	Reps	Rest (Sec)
Offset Push ups	2	13	60
Tate Press	2	13	60
One Hand Pushups	2	8	90
Incline Tricep Extension (dumbbell)	2	8	90
Pulldown & Pressdown	3	8	90
One Arm Dumbbell Row Lateral	5	8	90
Dumbbell Upright Row	3	13	60
Reverse Grip Pulldown	2	13	60

Week 3: Day 4			
Exercise	Sets	Reps	Rest (Sec)
One leg calf Raise (dumbbell)	3	13	60
Calf Press	3	13	60
Seated Calf Raise	2	8	90
Pullovers	3	8	90
Alternate Incline Press	5	8	90
Cable Cross Over (high)	3	13	60
Incline Dumbbell Flyes	2	13	60

WEEK 4

Week 4: Day 1			
Exercise	Sets	Reps	Rest (Sec)
Tate Press	2	13	60
Rope Pushdowns	2	13	60
Incline Tricep Extensions (dumbbell)	2	8	90
Push ups (Spiderman)	2	8	90
High Pull	3	8	90
Reverse Grip Pulldown	5	8	90
Pulldown & Pressdown	3	13	60
Bent Dumbbell Row	2	13	60

Week 4: Day 2			
Exercise	Sets	Reps	Rest (Sec)
Reverse Lunge	2	13	60
Dumbbell Squat	2	13	60
Stiff Leg Deadlift	2	8	90
One Leg Deadlift	2	8	90
Squat & Press	3	8	90
Alternate Incline Dumbbell Press	5	8	90
Cable Cross Over Mid	3	13	60
Front Raise (Plate)	2	13	60

Week 4: Day 3			
Exercise	Sets	Reps	Rest (Sec)
Calf Press	2	13	60
Seated Calf Raises	3	13	60
One Leg Calf Raise (Dumbbell)	3	8	90
Pulldown & Pressdown	3	8	90
High Pull	5	8	90
Standing Lateral Raise	3	13	60
Curl & Press	2	13	60

Week 4: Day 4			
Exercise	Sets	Reps	Rest (Sec)
One Arm Dumbbell Row	2	13	60
Standing Dumbbell Curl	2	13	60
Barbell Curls	2	8	90
Seated Dumbbell Curl	2	8	90
Bent Dumbbell Row	2	13	90
Low Pulley Row Wide Grip	5	8	90
Incline Dumbbell Flye	3	13	60
Incline Dumbbell Press	3	8	60

WEEK 5: DAY 1 – Fibonacci Pyramids

Week 5 Day 1 Fibonacci Pyramid Set # 1		
Exercise: Incline Dumbbell Press		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 1 Fibonacci Pyramid Set # 2		
Exercise: Incline Dumbbell Press		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 5 Day 1 Fibonacci Pyramid Set # 3		
Exercise: Tate Press		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 1 Fibonacci Pyramid Set # 4		
Exercise: Dumbbell Curls		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 1		
Fibonacci Pyramid Set # 5		
Exercise: Standing Calf Raises		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 1		
Fibonacci Pyramid Set # 6		
Exercise: Standing Lateral Raises		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 5: DAY 2 – Fibonacci Pyramids

Week 5 Day 2		
Fibonacci Pyramid Set # 1		
Exercise: Dumbbell Squat		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 2		
Fibonacci Pyramid Set # 2		
Exercise: Dumbbell Squat		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 5 Day 2		
Fibonacci Pyramid Set # 3		
Exercise: Seated Shoulder Press		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 2		
Fibonacci Pyramid Set # 4		
Exercise: Lying Tricep Extensions (dumbbell)		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 2		
Fibonacci Pyramid Set # 5		
Exercise: <u>Calf Press</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 2		
Fibonacci Pyramid Set # 6		
Exercise: <u>Dumbbell Upright Row</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 5: DAY 3 – Fibonacci Pyramids

Week 5 Day 3		
Fibonacci Pyramid Set # 1		
Exercise: Wide Grip Pulldown		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 3		
Fibonacci Pyramid Set # 2		
Exercise: Wide Grip Pulldown		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 5 Day 3		
Fibonacci Pyramid Set # 3		
Exercise: Tricep Rope Pushdowns		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 3		
Fibonacci Pyramid Set # 4		
Exercise: Incline Dumbbell Curls		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 3		
Fibonacci Pyramid Set # 5		
Exercise: <u>Stiff Leg Deadlift</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 5 Day 3		
Fibonacci Pyramid Set # 6		
Exercise: <u>Bent Lateral Raise</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 6: DAY 1 – Fibonacci Pyramids

Week 6 Day 1 Fibonacci Pyramid Set # 1		
Exercise: <u>Seated Shoulder Press</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 1 Fibonacci Pyramid Set # 2		
Exercise: <u>Seated Shoulder Press</u>		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 6 Day 1 Fibonacci Pyramid Set # 3		
Exercise: <u>Lying Triceps Extension Barbell</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 1 Fibonacci Pyramid Set # 4		
Exercise: <u>Incline Dumbbell Curls</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 1 Fibonacci Pyramid Set # 5		
Exercise: <u>Seated Calf Raise</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 1 Fibonacci Pyramid Set # 6		
Exercise: <u>Alternate Incline Dumbbell Press</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 6: DAY 2 - Fibonacci Pyramids

Week 6 Day 2		
Fibonacci Pyramid Set # 1		
Exercise: Dumbbell Squat		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 2		
Fibonacci Pyramid Set # 2		
Exercise: Dumbbell Squat		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 6 Day 2		
Fibonacci Pyramid Set # 3		
Exercise: High Pull		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 2		
Fibonacci Pyramid Set # 4		
Exercise: Seated Curl & Press		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 2		
Fibonacci Pyramid Set # 5		
Exercise: Standing Calf Raises		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 2		
Fibonacci Pyramid Set # 6		
Exercise: Shrugs		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 6: DAY 3 - Fibonacci Pyramids

Week 6 Day 3 Fibonacci Pyramid Set # 1		
Exercise: Low Pulley Row Wide Grip		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 3 Fibonacci Pyramid Set # 2		
Exercise: Low Pulley Row Wide Grip		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 6 Day 3 Fibonacci Pyramid Set # 3		
Exercise: Incline Dumbbell Press		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 3 Fibonacci Pyramid Set # 4		
Exercise: Tate Press		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 3		
Fibonacci Pyramid Set # 5		
Exercise: Barbell Curls		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 6 Day 3		
Fibonacci Pyramid Set # 6		
Exercise: Front Raises		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 7

Week 7: Day 1 Strength			
Exercise	Sets	Reps	Rest (Sec)
Dumbbell Curls	3	13	60
Incline Dumbbell Curls	3	8	90
Barbell Curls	2	5	120
Curl & Press	3	5	120
Seated Shoulder Press	5	8	90
Wide Grip Pulldown	5	13	60

Week 7: Day 2 Strength			
Exercise	Sets	Reps	Rest (Sec)
Step Ups	3	13	60
Reverse Lunge	3	8	90
Dumbbell Squat	2	5	120
Squat & Press	3	5	120
High Pull	5	8	90
Incline Dumbbell Press	5	13	60

Week 7: Day 3			
Exercise	Sets	Reps	Rest (Sec)
One Hand Push ups	3	13	60
Offset Push ups	3	8	90
Tricep Rope Pushdowns	2	5	120
Pulldown & Pressdown	5	5	120
Standing Dumbbell Press	5	8	90
Dumbbell Upright Row	3	13	60

Week 7: Day 4			
Exercise	Sets	Reps	Rest (Sec)
One Leg Calf Raise(Dumbbell)	5	13	60
Calf Press	3	13	60
Low Pulley Row Wide Grip	5	13	60
One Arm Dumbbell Row	5	8	90
Curl & Press	3	5	120

WEEK 8

Week 8: Day 1			
Exercise	Sets	Reps	Rest (Sec)
Tricep Extensions (dumbbell)	2	13	60
Tricep Rope Pushdowns	3	8	90
Tate Press	3	5	120
Pulldown & Pressdown	3	5	120
High Pull	5	8	90
Wide Grip Pulldown	5	13	60

Week 8: Day 2			
Exercise	Sets	Reps	Rest (Sec)
Reverse Lunge	3	13	60
Dumbbell Squat	3	8	90
Stiff Leg Deadlift	2	5	120
Squat & Press	3	5	120
Incline Dumbbell Press	5	8	90
Low Pulley Row Wide Grip	5	13	60

Week 8: Day 3			
Exercise	Sets	Reps	Rest (Sec)
Standing Calf Raises	5	13	60
Seated Calf Raise	3	13	60
Pulldown & Pressdown	5	13	60
High Pull	5	8	90
Shrugs	3	5	120

Week 8: Day 4			
Exercise	Sets	Reps	Rest (Sec)
Barbell Curl	2	13	60
Standing Dumbbell Curls	3	8	90
Seated Dumbbell Curl	3	5	120
Bent Dumbbell Row	3	5	120
Curl & Press	5	8	90
Dumbbell Upright Row	5	13	60

WEEK 9

Week 9: Day 1			
Exercise	Sets	Reps	Rest (Sec)
Incline Dumbbell Curls	3	13	60
Standing Dumbbell Curls	3	8	90
Barbell Curls	2	5	120
Seated Shoulder Press	3	5	120
Wide Grip Pulldowns	5	8	90
Curl & Press	5	13	60

Week 9: Day 2			
Exercise	Sets	Reps	Rest (Sec)
Dumbbell Squat	3	13	60
Reverse Lunge	2	8	90
Step Ups	3	5	120
Squat & Press	5	5	120
Incline Dumbbell Press	5	8	90
High Pull	3	13	60

Week 9: Day 3			
Exercise	Sets	Reps	Rest (Sec)
Offset Push ups	3	13	60
One Arm Push ups	2	8	90
Tricep Bar Pushdowns	3	5	120
Pulldown & Pressdown	5	5	120
Dumbbell Upright Row	5	8	90
Standing Dumbbell Press	3	13	60

Week 9: Day 4			
Exercise	Sets	Reps	Rest (Sec)
Calf Press	5	13	60
One leg calf Raise (dumbbell)	3	5	120
Low Pulley Row Wide Grip	5	5	120
Curl & Press	5	8	90
One Arm Dumbbell Row	3	13	60

WEEK 10

Week 10: Day 1			
Exercise	Sets	Reps	Rest (Sec)
Bicep Press	3	13	60
Tricep Rope Pushdowns	3	8	90
Incline Tricep Extensions (dumbbell)	2	5	120
High Pull	5	5	120
Wide Grip Pulldown	3	8	90
Pulldown & Pressdown	5	13	60

Week 10: Day 2			
Exercise	Sets	Reps	Rest (Sec)
Reverse Lunge	3	13	60
Dumbbell Squat	3	8	90
Stiff Leg Deadlift	2	5	120
Squat & Press	3	5	120
Alternate Incline Dumbbell Press	5	8	90
Low Pulley Row Wide Grip	5	13	60



Week 10: Day 3			
Exercise	Sets	Reps	Rest (Sec)
Calf Press	2	13	60
Seated Calf Raise	3	8	90
One Leg Calf Raise (Dumbbell)	3	5	120
Pulldown & Pressdown	5	5	60
High Pull	5	8	90
Shrugs	3	13	120

Week 10: Day 4			
Exercise	Sets	Reps	Rest (Sec)
Standing Dumbbell Curl	2	13	60
Seated Dumbbell Curl	3	8	90
Barbell Curl	3	5	120
Bent Dumbbell Row	3	5	120
Curl & Press	5	8	90
Dumbbell Upright Row	5	13	60

WEEK 11: DAY 1 – Fibonacci Pyramids

Week 11 Day 1 Fibonacci Pyramid Set # 1		
Exercise: <u>Incline Dumbbell Press</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 1 Fibonacci Pyramid Set # 2		
Exercise: <u>Incline Dumbbell Press</u>		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 11 Day 1 Fibonacci Pyramid Set # 3		
Exercise: <u>Tate Press</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 1 Fibonacci Pyramid Set # 4		
Exercise: <u>Dumbbell Curls</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 1		
Fibonacci Pyramid Set # 5		
Exercise: <u>Standing Calf Raises</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 1		
Fibonacci Pyramid Set # 6		
Exercise: <u>Standing Lateral Raises</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 11: DAY 2 – Fibonacci Pyramids

Week 11 Day 2 Fibonacci Pyramid Set # 1		
Exercise: Dumbbell Squat		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 2 Fibonacci Pyramid Set # 2		
Exercise: Dumbbell Squat		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 11 Day 2 Fibonacci Pyramid Set # 3		
Exercise: Seated Shoulder Press		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 2 Fibonacci Pyramid Set # 4		
Exercise: Lying Tricep Extensions (dumbbell)		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 2		
Fibonacci Pyramid Set # 5		
Exercise: <u>Calf Press</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 2		
Fibonacci Pyramid Set # 6		
Exercise: <u>Dumbbell Upright Row</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 11: DAY 3 – Fibonacci Pyramids

Week 11 Day 3 Fibonacci Pyramid Set # 1		
Exercise: Wide Grip Pulldown		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 3 Fibonacci Pyramid Set # 2		
Exercise: Wide Grip Pull down		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 11 Day 3 Fibonacci Pyramid Set # 3		
Exercise: Tricep Rope Pushdowns		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 3 Fibonacci Pyramid Set # 4		
Exercise: Incline Dumbbell Curls		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 3		
Fibonacci Pyramid Set # 5		
Exercise: <u>Stiff Leg Deadlift</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 11 Day 3		
Fibonacci Pyramid Set # 6		
Exercise: <u>Bent Lateral Raise</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 12: DAY 1 – Fibonacci Pyramids

Week 12 Day 1 Fibonacci Pyramid Set # 1		
Exercise: <u>Seated Shoulder Press</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 12 Day 1 Fibonacci Pyramid Set # 2		
Exercise: <u>Seated Shoulder Press</u>		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 12 Day 1 Fibonacci Pyramid Set # 3		
Exercise: <u>Lying Triceps Extension Barbell</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 12 Day 1 Fibonacci Pyramid Set # 4		
Exercise: <u>Incline Dumbbell Curls</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 12 Day 1 Fibonacci Pyramid Set # 5		
Exercise: <u>Seated Calf Raise</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 12 Day 1 Fibonacci Pyramid Set # 6		
Exercise: <u>Alternate Incline Dumbbell Press</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 12: DAY 2 - Fibonacci Pyramids

Week 12 Day 2		
Fibonacci Pyramid Set # 1		
Exercise: Dumbbell Squat		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 12 Day 2		
Fibonacci Pyramid Set # 2		
Exercise: Dumbbell Squat		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 12 Day 2		
Fibonacci Pyramid Set # 3		
Exercise: High Pull		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 12 Day 2		
Fibonacci Pyramid Set # 4		
Exercise: Seated Curl & Press		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 12 Day 2 Fibonacci Pyramid Set # 5		
Exercise: Standing Calf Raises		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 12 Day 2 Fibonacci Pyramid Set # 6		
Exercise: Shrugs		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

WEEK 12: DAY 3 - Fibonacci Pyramids

Week 12 Day 3 Fibonacci Pyramid Set # 1		
Exercise: <u>Low Pulley Row Wide Grip</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 12 Day 3 Fibonacci Pyramid Set # 2		
Exercise: <u>Low Pulley Row Wide Grip</u>		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 12 Day 3 Fibonacci Pyramid Set # 3		
Exercise: <u>Incline Dumbbell Press</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 12 Day 3 Fibonacci Pyramid Set # 4		
Exercise: <u>Tate Press</u>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21